



Module 1

Prevention and treatment – smoking cessation

✓ Smoking cessation is a high value intervention for people with asthma or COPD

Supporting people to quit smoking can prevent COPD and reduces the need for more potent medication and greater healthcare use in people with asthma and COPD. Do you feel confident providing stop smoking support? Are you familiar with the evidence and what has been proven to work – even in highly addicted smokers?

How well are you doing now?

Firstly, find out which of your patients with asthma and COPD are current smokers and then see how your quit smoking programme works. Run a monthly or quarterly search so you can track your progress over time. Try some of our ready-made searches that can be downloaded to your software system. Consider also your long-term condition population who are smoking and track how successful you are at supporting quitters in this group of sick smokers.

How does your practice smoking prevalence compare?

How does your practice smoking prevalence compare with your neighbouring practices? Does your prevalence of ex-smokers suggest that your stop smoking strategy is working?

Look at your prescribing of stop smoking products in people with asthma and COPD who are current smokers who have expressed a desire to quit. Are they getting pharmacotherapy with each attempt? The best chance of becoming a quitter is to have regular intensive support and pharmacotherapy.

Is there a whole system approach to helping people to become and stay ex-smokers? Look at your practice development and training programme. Are all your health professionals level 1 or VBA trained? Do your patients have access to a level 2 or 3 trained smoking cessation counsellor who is frequently updated?

Suggested search criteria

COPD smoking population, asthma and COPD smokers, long-term condition population

Info – [Click HERE](#)

XML Searches – [Click HERE](#)

Practice smoking prevalence –
[Click HERE](#)

Prevalence of ex-smokers –
[Click HERE](#)

Prescribing of smoking cessation products – [Click HERE](#)

Appropriate training

Level 1 or VBA – [Click HERE](#)

Level 2 or 3 – [Click HERE](#)



35% 4-week quit rates and 85% CO monitoring – Click [HERE](#)

Where 4 week quits are concerned, are you achieving the basic standards expected - 35% have quit at 4 weeks with 85% having CO monitoring and only 35% lost to follow-up?

PCRS-UK resources

PCRS-UK Smoking cessation opinion sheet – Click [HERE](#)

Look at your COPD smoking population in more detail and look at what you achieve after 1 year of care. Evidence suggests that 12/100 people with COPD who express a desire to quit can be an ex-smoker at the end of the year – if they receive the right treatment. Are you providing the sort of evidence-based interventions that are recommended?

Evidence-based guidance:

NHS Networks – Click [HERE](#)

NCSCT – Click [HERE](#)

EQUIP, DRAFT
version 01, Date
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This series of
modules are
prepared
in DRAFT
format, for
commissioning
groups and
members to use
as part of
a PILOT test.

Feedback is
sought from
users of these
modules
based on
effectiveness,
accuracy,
completeness,
usefulness and
outcomes.

Please submit
your feedback
direct to
tricia@
pcrs-uk.org

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PCRS-UK



EQUIP

**Equipping you to
improve respiratory care**

✓ Flu vaccination is a high value intervention for people with asthma or COPD

Module 1

Prevention – Flu vaccination

Flu vaccination is a high value intervention for people with COPD and asthma. Being vaccinated against flu as a healthcare team is also strongly recommended as there is some evidence that this reduces the transmission to people with greater frailty or more severe disease. This part of the module asks you to look at your rates of both patient and staff vaccination.

How well are you doing now?

You can first look at your QOF data on flu performance for your long-term conditions including COPD. The QOF report will exclude people who 'declined'. You might want to look again using the APHO tool at the actual percentage vaccinated.

Check your local figures on staff vaccination.

How do you compare against locality, region and nationally?

Reflect on your performance

When you reflect on your performance compared with neighbouring practices, consider what staff and patient education materials are available to allay the fears or concerns that people may have about the vaccine.

Flu performance – *Click [HERE](#)*

Actual percentage vaccinated – *Click [HERE](#)*

Flu vaccine uptake – *Click [HERE](#)*

Evidence-based guidance:

NHS Networks Flu Fact Sheet – *Click [HERE](#)*
Flu vaccination as a high value intervention – *Click [HERE](#)*

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This series of modules are prepared in DRAFT format, for commissioning groups and members to use as part of a PILOT test.

Feedback is sought from users of these modules based on effectiveness, accuracy, completeness, usefulness and outcomes.

Please submit your feedback direct to tricia@pcrs-uk.org



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